

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

MARCH 2020

Vol. X Issue III

"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Archive

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What is the life expectancy in your neighborhood?

The latest data show that Cincinnati life expectancy has increased for Blacks and decreased for Whites; but Blacks are still not living as long

The Cincinnati Health Department has released a tool on life expectancy for the 48 City of Cincinnati neighborhood groupings. This information will help give an understanding to the health of our Cincinnati neighborhoods.

The findings show the life expectancy for the City of Cincinnati is 76.1 years. This is slightly lower than the previous analysis conducted between 2001-2009, with a life expectancy of 76.7 years. This is almost three years less than the national life expectancy. The neighborhood with the greatest life expectancy is Mt. Adams showing residents of this neighborhood live to approximately 88 years, roughly 25 years longer than the Lower Price Hill/ Queensgate neighborhood grouping.

The neighborhood with the greatest increase in life expectancy was East End with an increase of three years, from 73 years to 76 years. While the neighborhoods with the greatest decrease in life expectancy since the previous analysis was Madisonville, with an approximate 11 year decline in life expectancy from 83 years to 72 years.

Furthermore, females are living the longest, 81 years, with a 22 year difference between females in Mt. Adams living 88 years and females in the Sedamsville/ Riverside neighborhoods living 66 years. For males, they are living 75 years, with a 23 year difference between males living in the Mt. Lookout/ Columbia Tusculum neighborhoods living 84 years and males in the Lower Price Hill/ Queensgate neighborhoods living 61 years. When comparing Blacks and Caucasian races, Caucasians are living approximately three years longer than Blacks, 75 years and 72 years, respectively.

Life expectancy is defined as the estimated average number of years a person may expect to live, if mortality rates stay the same over time, and is an indicator of the health of a population. Looking at life expectancy at the neighborhood level allows researchers and community members to focus on demographic, environmental, and social factors that may influence health inequalities. It should be noted that life expectancy may be influenced by a person's condition, race, sex, age, and other demographic factors.

The national life expectancy in the U.S. has increased since 1980, but improvement depends on where you live. "These gaps can mean people in one neighborhood live 20 to 30 years longer than those just a couple blocks away -- and the inequalities are prevalent in neighborhoods with high levels of racial and ethnic segregation," stated Dr. Melba R. Moore, Cincinnati Health Commissioner.

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Dr. Grant Mussman Announced as the Interim Medical Director

Grant Mussman, MD, MHSA is a pediatrician and serves as Associate Medical Director for the Cincinnati Health Department. After a decade as a pediatric hospitalist at Cincinnati Children's, he joined the health department in 2018 and practices primarily at Braxton Cann Medical Center and at Price Hill Health Center. He began serving as Associate Medical Director for School Health and School-Based Health Centers in March of 2019.

Dr. Mussman's profession interests include systems improvement and measurement as well as systems improvement infrastructure and higher level improvement theory. He completed his general pediatrics residency training at the University of Virginia in 2005 and practiced for two years as a general pediatrician in Richmond, Virginia. He then moved to Cincinnati to start practice as a pediatric staff hospitalist at Cincinnati Children's Hospital in 2007.

In 2012, Dr. Mussman officially joined the pediatric faculty as an instructor and became assistant professor in 2013 with research interests in viral lower respiratory infections of infancy and systems improvement. Dr. Mussman's systems improvement work included improvements in communication between hospitalists and primary care providers, and improvements in inpatient and emergency department management of patients with bronchiolitis in a large improvement collaborative.

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Risk factors like obesity, lack of exercise, high blood pressure, and smoking explain a large portion of the variation in lifespans, but so do socioeconomic factors like race, education, and income.

"The inequality in health in the United States – a country that spends more on health care than any other – is unacceptable. Every American, regardless of where they live or their background deserves to live a long and healthy life. If we allow trends to continue as they are, the gap will only widen between neighborhoods," Dr. Moore explained. These findings validate an urgent imperative, that policy changes at all levels are desperately needed to reduce inequality in the health of Americans. Dr. Moore emphasized that federal, state, and local health departments need to invest in programs that work and engage their communities in disease prevention and health promotion. "We need to take a deeper dive into the conditions that influence health to better target action in order to close any and all gaps, and ultimately to improve the health of our community at large."

Looking at life expectancy on a national level masks the massive differences that exist at the local level, especially in a country as diverse as the United States. Although we've made massive gains in life expectancy over the past several decades, this is not the first time that life expectancy has stalled. We've made substantial gains, but there is no single phenomenon that can explain the recent decrease.

"There are a lot of moving parts, and the fact that it's so expansive and involves so many factors and causes of death, means we need to examine root causes and possible contributing trends to the change," expressed Dr. Maryse Amin, Supervising Epidemiologist, Cincinnati Health Department. "We want to utilize this data to guide the health of the community and lead to a call to action."

The CHD focuses on disease prevention to not only improve health outcomes in the entire nation, but also to reduce the enormous disparities in life expectancy that we see in Cincinnati neighborhoods. The issues are so broad that it makes community engagement and individual accountability a necessity for success to be achievable.

"Working with our partners we can help make improvements for the community that will positively impact all of us. Our ongoing efforts with the Community Health Improvement Plan (CHIP), is the city's first effort as we're prioritizing the needs of the community. This plan is a long-term, systematic effort to address public health problems based on the results of community health assessment activities and the community health improvement process," Dr. Amin stated.

CHD Welcomes New Hires to the team!



CCPC/Behavioral Health

Michael Little - Health Counselor
2/23/2020



CCPC/Dental

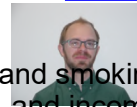
LaKeisha Bhoolai - Dental Hygienist
2/23/2020



CCPC/School & Adolescent Health

Barb Keefe - Nurse Practitioner -
2/9/2020

CHD extends a very special thank you to Dr. Yury Gonzales for bringing improved patient care and services to the Health Department before stepping down as the Medical Director. He has been involved with several projects to improve patient care, develop clinical services and address many historic challenges; create improvements and quality initiatives; and recruit high-level medical professionals. Also, CHD was awarded a high quality of care ranking based on the quality metrics established by OCHAN. This is the first time in our 194-year history that our institution was ranked number one out of the 97 FQHCs in the country. We are happy that you will continue to serve as a provider for our patients, and hope you enjoy more time with your lovely family.



School Based Health Centers: Thirteen well kept secrets within the Cincinnati Health Department

Once a month for the next 13 months we will profile the team at one of our School Based Health Center which are embedded in Cincinnati Public Schools across the city. This month: Roberts Academy

The Roberts Academy school-based health center is staffed by a dynamite bilingual team that cares for children and families all over the Greater Cincinnati area. Because Roberts has an International Welcome Center as well as an in-house immigration lawyer, it comes as no surprise that the health center sees patients from all over the globe with the greatest concentration of families coming from Central America. What makes the health center so successful is the deep bonds families form with the staff as well as its ability to help improve health outcomes by addressing physical, socioeconomic and mental health concerns at each visit.



From right to left: Nicole DeGreg, NP, Pam Heard, MA, Sarah Jadeed, MA, and Fernando Rico-Alarcon, RN

A Message from the Board of Health



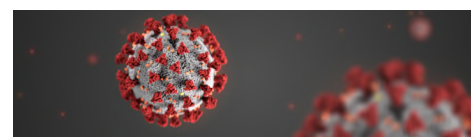
Phil Lichtenstein, MD
Chair, Board of Health

Coronavirus Outbreak: Mental Health Tips

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Public health emergencies, such as the outbreak of coronavirus disease 2019 (COVID-19), are stressful times for people and communities. Infectious disease outbreaks can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times.

Coping with these feelings and getting help when you need it will help you, your family, and your community recover from a disaster. Connect with family, friends, and others in your community. Take care of yourself and each other, and know when and how to seek help.



Call your healthcare provider if stress reactions interfere with your daily activities for several days in a row.

Things you can do to support yourself:

- Avoid excessive exposure to media coverage of COVID-19.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do some other activities you enjoy to return to your normal life.
- Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.
- Share the facts about COVID-19 and the actual risk to others. People who have returned from areas of ongoing spread more than 14 days ago and do not have symptoms of COVID-19 do not put others at risk.

For more information on the Coronavirus please log onto www.coronavirus.gov.



CHD Announces Shane Michael Satterfield as March 2020 Employee of the Month!

CHD congratulates Mr. Shane M. Satterfield (MSW, LSW, LCDC III, Ret. USMC,) as March 2020 Employee of the Month. Mr. Satterfield is a Cincinnati native (raised in North Fairmount and Westwood), a Western Hills High School graduate (1989), and a Behavioral Therapist and Program Manager for CHD. He began his career with the City of Cincinnati March 2019.

As a Behavioral Therapist and Program Manager, Shane provides behavioral and mental health treatment to health center patients and supervises 3 other behavioral therapists as well. Along with being a behavioral therapist, Shane manages the following programs: Safe Places Cincy, Medication Assisted Treatment, Harm Reduction Syringe Exchange (Partnership with Hamilton County Public Health), Behavioral Health Partnership, and the Health Department's initiative to assist with the reduction of gun

violence in Cincinnati.

The main reason Eric Washington, Men's Health Program Manager, nominated Shane for Employee of the Month was because he stepped up to cover a big void after the departure of Dr. Jennifer Mooney, Director of Behavioral Health in June 2018. With less than three months on the job, Shane was the only person with the experience and expertise in the field of Behavioral/Mental Health to continue Dr. Mooney's mission. He continued to conduct meetings with Greater Cincinnati Behavioral Service, Children's Home and a host of other community partners to get the job done. He continues to work closely with Health Commissioner Melba Moore, Dr. Gonzales, then Medical Director, and Domonic Hopson, Assistant Health Commissioner and CEO of CCPC, to ensure all Health Resources and Services Administration (HRSA) requirements would continue to be met for each primary care center. "Shane has successfully interviewed, onboarded and trained three new health counselors to the while maintaining his case load as a counselor," explained Mr. Washington. "Mr. Satterfield on numerous occasions has gone over and beyond his call for duty, from assisting clients after hours to weekends, to ensuring clients are properly assigned to partnering agencies. Mr. Shane Satterfield epitomize the word "SERVICE", Mr. Washington emphasized.

In November 2018, Shane joined the Ohio Valley Goodwill's Board of Directors. Shane is a retired United States Marine due to injuries sustained in combat during the Persian Gulf War (Operation Desert Shield/Desert Storm). Previously as an employee of the Ohio Valley Goodwill, Shane was the Homeless Veterans Dormitory Manager/Instructor.

Shane has an impressive career background which began with his work with children with behavioral challenges through Cincinnati Public Schools (CPS). Following his tenure with CPS, Shane then went on to work with the Hamilton County Community Action Agency (Reach Back Youth Program) and the United States Postal Service. After this experience, Shane decided that he wanted to pursue his academic career and enrolled at the University of Cincinnati (UC), and began studying Criminal Justice in pursuit of his Bachelor's degree. Shane returned to school in 2010 and obtained his second Bachelor's degree and then finally, completed his Master's in 2013 in Social Work (Concentration in Mental Health). Shane is licensed by the State of Ohio as a Licensed Social Worker and a Licensed Chemical Dependency Counselor III.

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